

Ethnomedical Information on Suma (*Pfaffia paniculata*)

Plant Part/ Location	Documented Ethnomedical Use	Type Extract / Route	Used For	Ref #
Root Brazil	Used as an aphrodisiac and tonic; used to treat diabetes and rheumatism.	Infusion / Oral	Human Adult	K18218
Root Brazil	Used as an aphrodisiac and tonic; used to treat diabetes and leukemia.	Root / Oral	Human Adult	L16508
Root Brazil	Used as a tonic an aphrodisiac. Used to treat diabetes.	Hot H2O Ext / Oral	Human Adult	M10662
Root Brazil	Used as a tonic, aphrodisiac and antidiabetic.	Hot H2O Ext / Oral	Human Adult	N13347
Root Brazil	Used as a tonic, aphrodisiac and antidiabetic.	Hot H2O Ext / Oral	Human Adult	N19878
Root Brazil	Used as a tonic, aphrodisiac, tranquilizer, and to treat ulcers, cancer, leukemia and diabetes.	Hot H2O Ext / Oral	Human Adult	T13148
Root Brazil	Used as a general tonic, energy and rejuvenating tonic and a general cure-all for many types of illnesses.	Decoction / Oral	Human Adult	AM1007
Root Brazil	Used as a mental and physical tonic, used to treat stress, depression, headaches, memory loss, and anemia.	ETOH Ext / Oral	Human Adult	ZZ1081
Root Brazil	Used to increase muscular strength, as an appetite stimulant, to diminish tremors in the elderly, to treat stress, anemia, circulatory disorders and the growth of tumor cells.	Not stated / Oral	Human Adult	AM1001
Root Brazil	Used as a general tonic, as an anti-inflammatory, a cellular oxygenator, appetite stimulate, cicatrizant, vulnerary, aperient and muscle relaxant. Used to treat cancer, leukemia, anxiety, poor memory, arthritis, fluid in the ear, digestive diseases, rheumatism, to enhance muscle tone and estrogen production.	Decoction / Oral	Human Adult	ZZ1076

Plant Part/ Location	Documented Ethnomedical Use	Type Extract / Route	Used For	Ref #
Leaf + Root Brazil	Used to prevent wrinkles and rejuvenate the skin, to stimulate circulation and eliminate fluids (edema); used for damaged hair and split ends.	Not stated / External	Human Adult	AM1001
Leaf + Root Brazil	Used as an analgesic, anti-inflammatory, antimicrobial, antioxidant and antitumor; to stimulate peripheral circulation, the lymphatic system and the immune system; used as a rejuvenating and revitalizing tonic.	Not stated / Oral	Human Adult	AM1001
Root Ecuador	Used as a tonic for the digestive system, to treat hormonal disorders, sexual dysfunction and sterility, arteriosclerosis, diabetes, circulatory and digestive disorders, rheumatism and bronchitis.	Not Stated / Oral	Human Adult	ZZ1006

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